

AMENDMENTS TO THE CLAIMS

This listing of the claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claims 1-12. (Canceled)

13. (Currently Amended) A method for reducing muscular fatigue, comprising administering proanthocyanidin to a human being in an amount effective to reduce muscular fatigue within one hour before and after physical exercise.

Claims 14-15. (Canceled)

16. (Currently Amended) A method for reducing muscular fatigue, comprising administering a health food containing proanthocyanidin as an effective ingredient to a human being within one hour before and after physical exercise.

17. (Previously Presented) The method for reducing muscular fatigue according to claim 16, wherein the health food is a solid food, a gel-formed food or a beverage.

18. (Previously Presented) The method for reducing muscular fatigue according to claim 17, wherein the beverage is a refreshing beverage or a tea beverage.

19. (Previously Presented) The method for reducing muscular fatigue according claim 13, wherein the proanthocyanidin is contained in a form of tablet, pill, capsule, granule, powder, diluted powder or liquid.

20. (Previously Presented) The method for reducing muscular fatigue according to claim 16, wherein the proanthocyanidin is contained in a form of tablet, pill, capsule, granule, powder, diluted powder or liquid.

21. (Previously Presented) The method for reducing muscular fatigue according to claim 13, wherein proanthocyanidin is an extract derived from pine bark.

22. (Previously Presented) The method for reducing muscular fatigue according to claim 13, wherein proanthocyanidin is an oligomeric proanthocyanidin.

23. (Previously Presented) The method for reducing muscular fatigue according to claim 16, wherein proanthocyanidin is an extract derived from pine bark.

24. (Previously Presented) The method for reducing muscular fatigue according to claim 16, wherein proanthocyanidin is an oligomeric proanthocyanidin.

Claims 25-36. (Canceled)

37. (New) The method for reducing muscular fatigue according to claim 13, wherein said proanthocyanidin is administered in the form of a tablet comprising an extract of French maritime pine bark, crystalline cellulose, lactose, sucrose ester and silicon dioxide, and wherein the extract of French maritime pine bark contains not less than 40% by weight of proanthocyanidin and not less than 5% by weight of catechin.

38. (New) The method for reducing muscular fatigue according to claim 16, wherein said proanthocyanidin is administered in the form of a tablet comprising an extract of French maritime pine bark, crystalline cellulose, lactose, sucrose ester and silicon dioxide, and wherein the extract of French maritime pine bark contains not less than 40% by weight of proanthocyanidin and not less than 5% by weight of catechin.